

# 31<sup>st</sup> Annual Meeting & Scientific Sessions

## Behavioral Medicine: Building for the Future

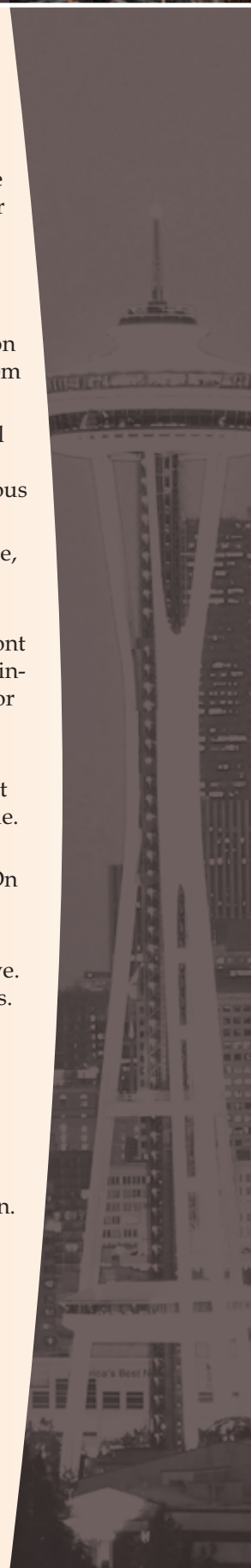


### SBM Local Arrangements Committee Walking Guide

#### DOWNTOWN SEATTLE WALKING TOUR #1

Estimated distance: 2.0 miles    Estimated time: 40-45 minutes

1. Start heading south down 6th Ave from the Sheraton for 1.5 blocks.
2. Turn right on University St and walk 2 blocks. You will pass the Fairmont Olympic Hotel on your left. Opened in 1924, this is Seattle's premier luxury hotel. Optional stop: Check out the beautiful lobby and grounds.
3. Turn left on 4th Ave and continue for 2.5 blocks. You will pass the Seattle Public Library on your left with its all-glass exterior and odd shape. See guide for details on the library.
4. Continue south on 4th Ave for 3 blocks. You will pass the Columbia Tower on your left. It stands at 937 feet and is known as the tallest building in Seattle, the State of Washington, and the Pacific Northwest region.
5. Continue south on 4th Ave until you reach James St.
6. Take a right on James St and continue for 2 blocks.
7. Take a left on 2nd Ave and walk 1/2 a block. You will arrive at the Smith Tower, once the tallest building in the U.S. outside of New York. Optional stop: take the elevator up to the observation deck.
8. Continue south on 2nd Ave 1/2 block until you reach Yesler Way.
9. Take a right on Yesler Way and continue toward the waterfront. Stop on 1st Ave and look left for a glimpse of the Pioneer Square neighborhood of Seattle.
10. Continue down Yesler Way until you hit the waterfront (Alaskan Way). You will walk under the "viaduct", a raised roadway that runs through the downtown waterfront. The safety and future of this roadway is one of the city's most hotly debated issues, so this may not be here the next time you visit!
11. Take a right on Alaskan Way and continue down the waterfront. You'll notice on your left a ferry terminal, which is the home of ferries that traverse the Puget Sound to Bainbridge Island and Bremerton. See the guide for more information about a day trip to Bainbridge. Fun fact: the Washington State Ferry system is the largest ferry system in the U.S.
12. Continue down Alaskan Way and you will see Ivar's Acres of Clams on your left. A Seattle institution since 1938, Ivar's is famous among Seattle visitors.
13. Just past Ivar's is Ye Olde Curiosity Shoppe, another Seattle institution. See the guide (shopping section) for more details.
14. Continue 3 more blocks down the waterfront and take a right on University Street. Continue on University St and walk up the Harbor Steps.
15. At the top of the Harbor Steps, cross 1st Ave and you'll be in front of the Seattle Art Museum and the "Hammering Man" statue. Optional stop: See the Calder show.
16. Continue up University St for 1.5 blocks. On your left you'll see Benaroya Hall, which houses the Seattle Symphony.
17. Continue up the hill and cross over 3rd Ave. Take a left on 3rd and continue for 2 blocks.
18. Take a right on Pike St, and walk 3 blocks. Notice the glass archway over the street a few blocks up. This is a walkway that connects the new and old buildings of the Washington State Convention Center.
19. Take a right on 6th Avenue and walk 1/2 a block. You'll be back at the Seattle Sheraton.



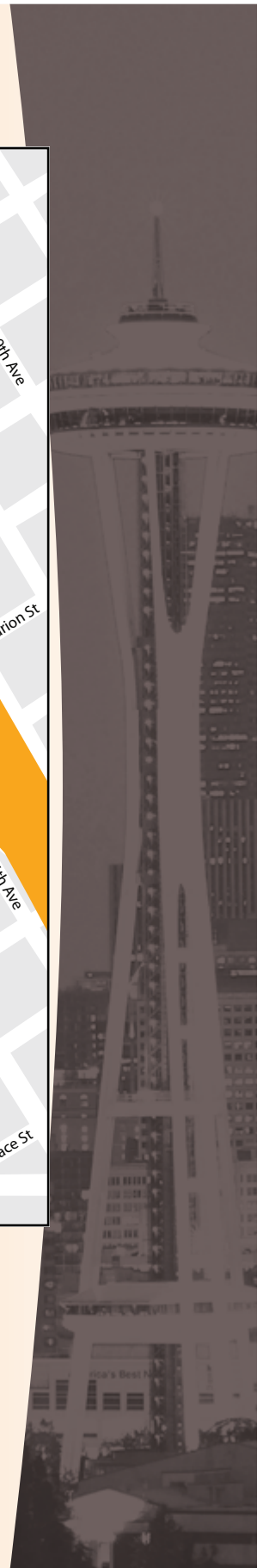
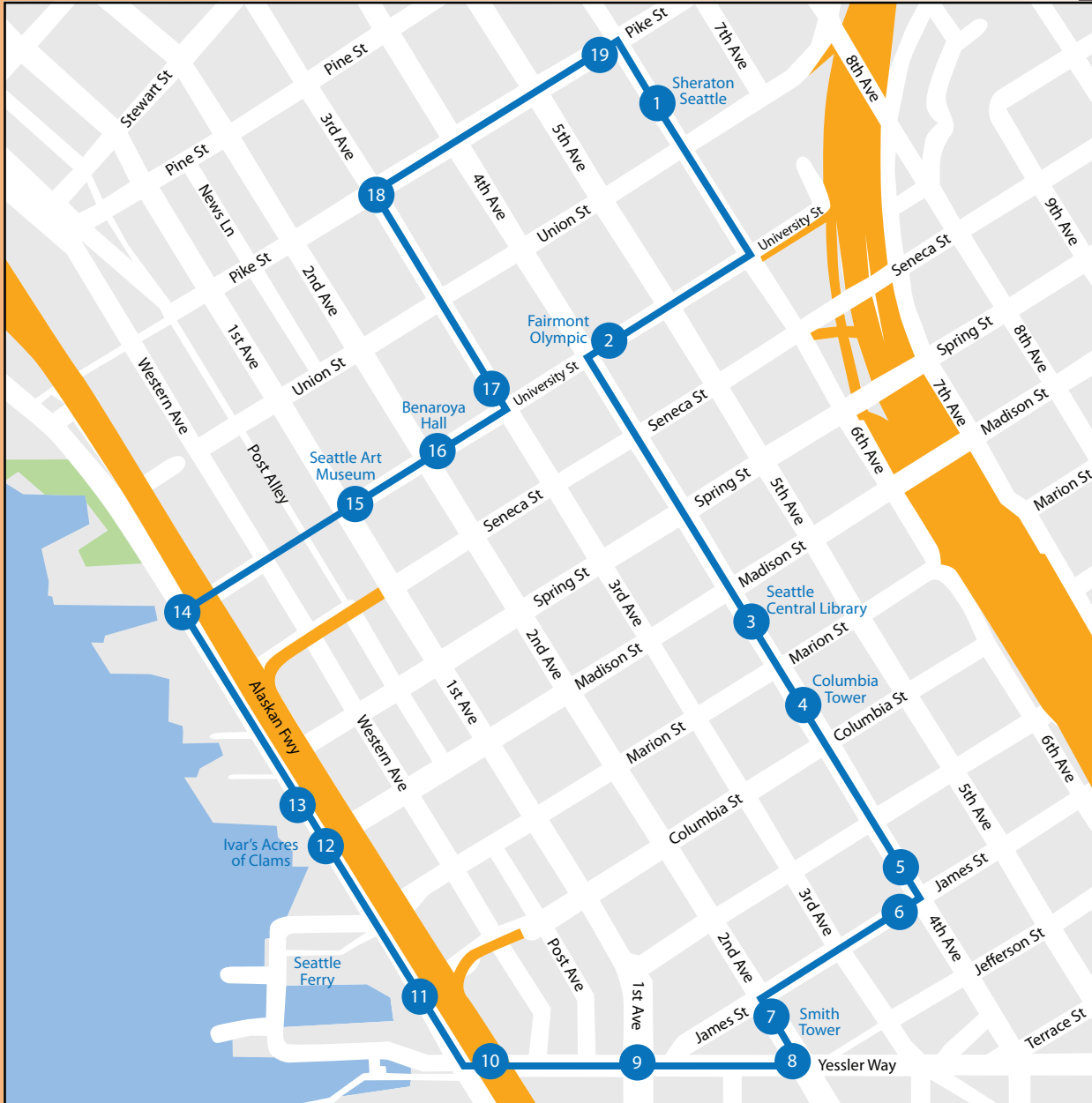
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*Behavioral Medicine: Building for the Future*



## SBM Local Arrangements Committee Walking Guide

MAP OF WALK #1



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### **SBM Local Arrangements Committee Walking Guide**

#### **DOWNTOWN SEATTLE WALKING TOUR #2**

Estimated distance: 3.3 miles    Estimated time: 60-70 minutes

1. From the Sheraton, head east on Pike St for 5.5 blocks. This is the main entrance to the Pike Place Market.
2. Stroll through the market to see fish throwing, fresh produce, beautiful flowers, and artisan crafts.
3. Look in the window at Beecher's Cheese on the right side of the street at Pike Pl and Pine St. You can see them making their handmade cheese from the street corner.
4. Continue down Pike Pl and you will see the original Starbucks coffee shop on your right. Don't look for the signature green sign or you'll miss it. This Starbucks has the original brown mermaid logo and can be spotted by the crowd taking pictures of it.
5. Continue to the end of Pike Pl and cross the street toward the water. You'll hit a park that offers great views of the Puget Sound and Olympic Mountains (on a good day).
6. Continue heading north until you reach Lenora St and take a left.
7. Follow Lenora St toward the waterfront. This will take you across a pedestrian overpass and lead you to the waterfront.
8. Once you've hit the waterfront, you'll be at the Port of Seattle and the Bell Street Pier and marina. Take a right (north) and continue to walk along the water. You'll pass the Port of Seattle Building, the Edgewater Hotel, and other shops and restaurants.
9. Continue for about ½ mile. You will then hit the Olympic Sculpture Park, Seattle's newest public park and art space with great views of the Puget Sound. Explore the artwork and landscaping throughout the park.
10. Re-trace your steps back down the waterfront, but continue past the overpass you took to get here. You'll pass the Seattle Aquarium on your right.
11. Cross Alaskan Way to the Pike St. Hillclimb walk. Follow the signs and people back up to Pike Place market.
12. Explore the market a little more if you'd like; buy some fresh fruit or dine at one of the eateries listed in the guide.
13. To return to the Sheraton, head northwest on Pike St until you reach 6th Ave. Take a right on 6th Avenue and you're back where you started!



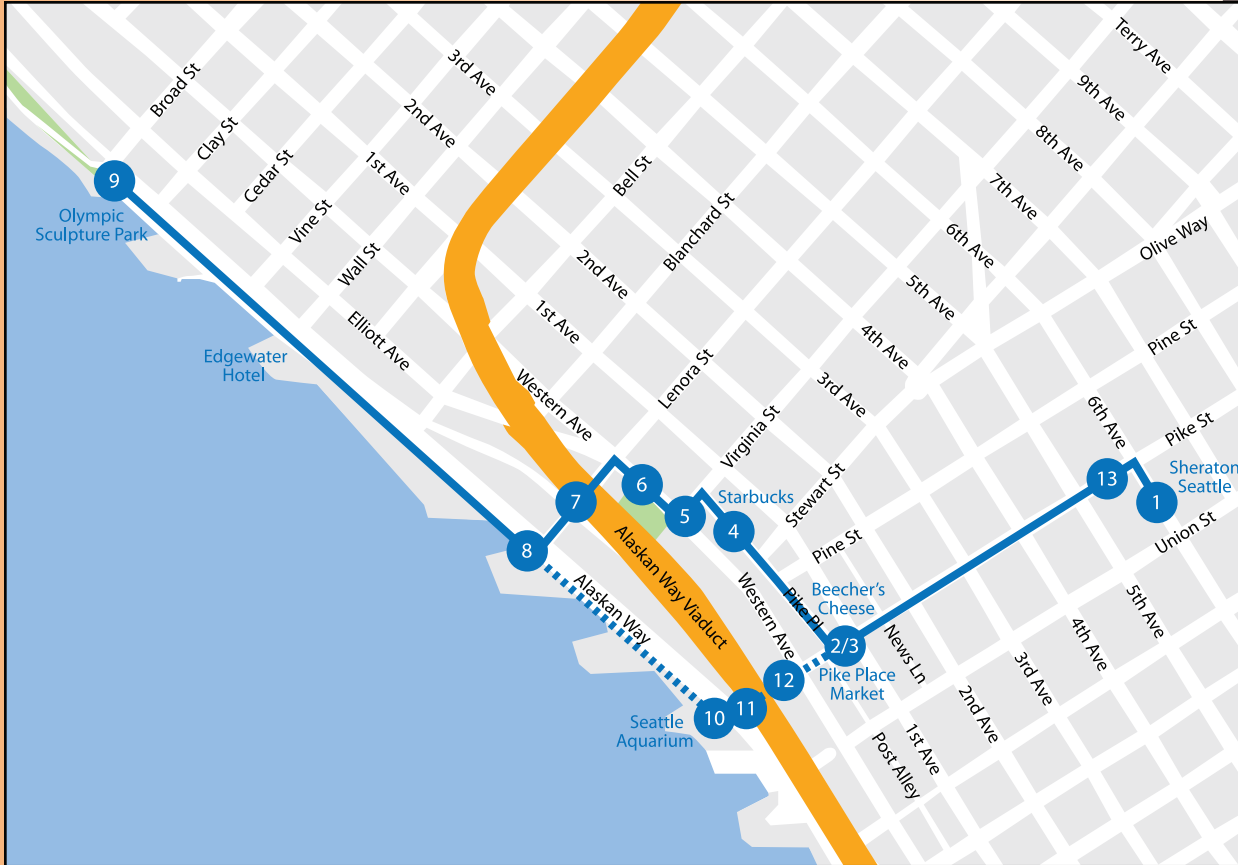
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## SBM Local Arrangements Committee Walking Guide

MAP OF WALK #2



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### SBM Local Arrangements Committee Walking Guide

DOWNTOWN SEATTLE WALKING TOUR #3 (SHORTENED VERSION OF WALK #2)

Estimated distance: 1.1 miles Estimated time: 20-25 minutes

1. From the Sheraton, head east on Pike St for 5.5 blocks. This is the main entrance to the Pike Place Market.
2. Stroll through the market to see fish throwing, fresh produce, beautiful flowers, and artisan crafts.
3. From the main entrance of Pike Pl and Pike St, head northeast and follow the signs up Post Alley. The Alley has many charming shops and restaurants. Continue on Post Alley across Pine St and Stewart St.
4. Take a left on Virginia and go one block toward the water. Across the street is a park that offers great views of the Puget Sound and Olympic Mountains (on a good day).
5. Turn left on Pike Pl.
6. Walk 1 block and you'll come across the original Starbucks coffee shop on your left. Don't look for the signature green sign or you'll miss it. This Starbucks has the original brown mermaid logo and can be spotted by the crowd taking pictures of it.
7. Continue down Pike Pl and you'll see Beecher's Cheese on the left side of the street at Pike Pl and Pine St. You can see them making their handmade cheese from the street corner.
8. Continue to explore the market; buy some fresh fruit or dine at one of the eateries listed in the guide.
9. To return to the Sheraton, head northwest on Pike Street until you reach 6th Ave. Take a right on 6th Ave and you're back where you started!

#### MAP OF WALK #3

